

# Chicken Sandwiches

with Buttermilk Dressing  
& Roasted Carrot Fries

TIME: 25-35 minutes

SERVINGS: 4

Tonight's chicken sandwiches get a lift from a lighter take on zesty ranch dressing. We're combining the traditional buttermilk with Greek yogurt before seasoning it with a savory blend of dried herbs and spices, including parsley, dill, and garlic powder. Tangy pickle chips and thin-sliced lettuce complete the sandwiches with delicious crunch. (You may receive a romaine heart, or green or red-tipped baby romaine.)



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Crisp and Minerally

Serve a bottle with this symbol for a great pairing.



## Ingredients



4  
BONELESS,  
SKINLESS  
CHICKEN BREASTS



1 head  
ROMAINE  
LETTUCE



2 Tbsps  
BUTTERMILK  
DRESSING SPICE  
BLEND\*



4  
CIABATTA ROLLS



1/2 cup  
PLAIN GREEK  
YOGURT



8  
CARROTS



3 oz  
PICKLE CHIPS



1/2 cup  
BUTTERMILK

### Did You Know?

*Ciabatta means "slipper" in Italian, a reference to its flat shape.*

\* Dried Parsley, Dried Dill, Dried Chives, Garlic Powder, Onion Powder, Salt, & Ground Black Pepper



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### 1 Prepare & roast the carrots:

- ☐ Preheat the oven to 475°F.
- ☐ Wash, dry, and peel the **carrots**. Halve lengthwise, then crosswise.
- ☐ Place on a sheet pan; drizzle with olive oil and season with salt and pepper. Toss to thoroughly coat. Arrange in a single layer.
- ☐ Roast 17 to 19 minutes, or until lightly browned and tender when pierced with a fork.
- ☐ Leaving the oven on, remove the roasted carrots from the oven. Set aside in a warm place.



### 2 Prepare the remaining ingredients & make the dressing:

- ☐ While the carrots roast, halve the rolls.
- ☐ Wash and dry the lettuce. Cut off and discard the root end. Thinly slice the leaves.
- ☐ In a bowl, whisk together the **buttermilk**, **yogurt**, and **spice blend**; season with salt and pepper to taste.

### 3 Cook the chicken:

- ☐ While the carrots continue to roast, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the seasoned chicken and cook 4 to 6 minutes per side, or until browned and cooked through. Turn off the heat.

### 4 Toast the rolls:

- ☐ While the chicken cooks, place the **rolls** on a separate sheet pan, cut side up. Drizzle with olive oil and season with salt and pepper.
- ☐ Toast in the oven 4 to 6 minutes, or until lightly browned.
- ☐ Remove from the oven and transfer to a work surface.



### 5 Assemble the sandwiches & serve your dish:

- ☐ Divide the **dressing** among the cut sides of the **toasted rolls**. Top the roll bottoms with the **cooked chicken**, **pickle chips**, and **lettuce**. Complete the sandwiches with the roll tops.
- ☐ Divide the sandwiches and **roasted carrots** among 4 dishes. Enjoy!

